

GOLD'S GYM®

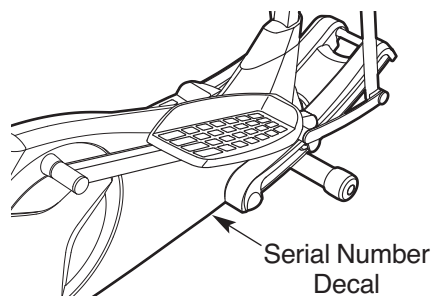
STRIDE TRAINER 595

www.workoutwarehouse.com

Model No. GGEL64909.1

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

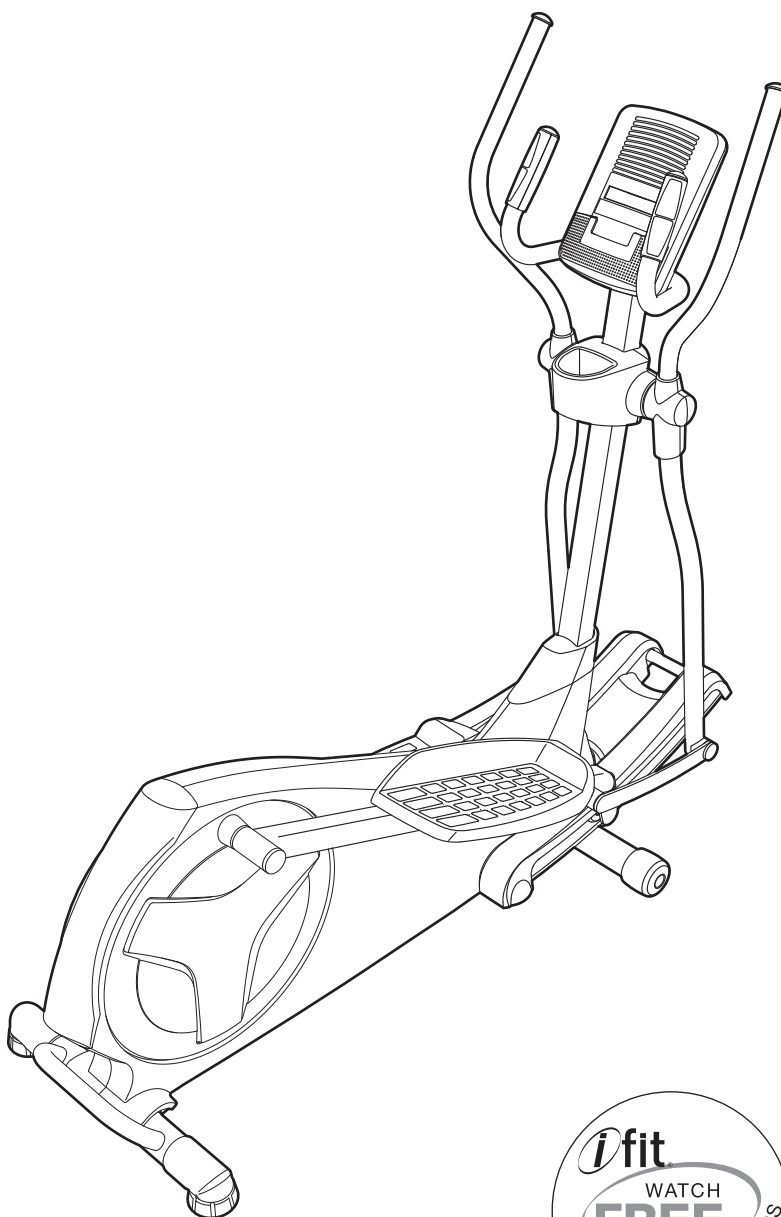
1-877-776-4777

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.workoutwarehouse.com



⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

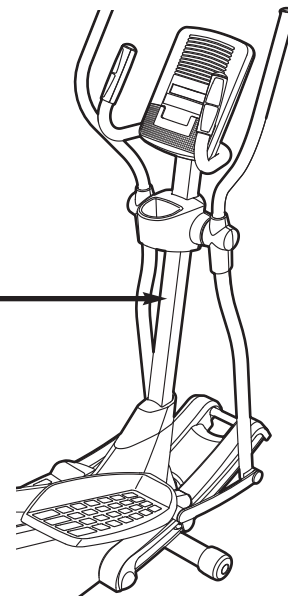
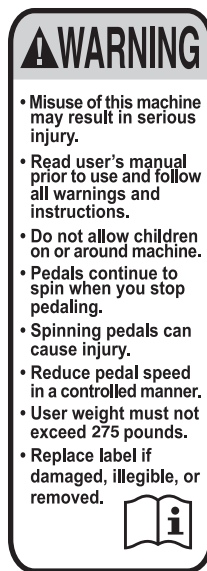


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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the elliptical only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
4. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
5. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
6. Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the elliptical at all times.
9. The elliptical should not be used by persons weighing more than 275 lbs. (125 kg).
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.
11. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.
12. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
13. The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
14. Keep your back straight while using the elliptical; do not arch your back.
15. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

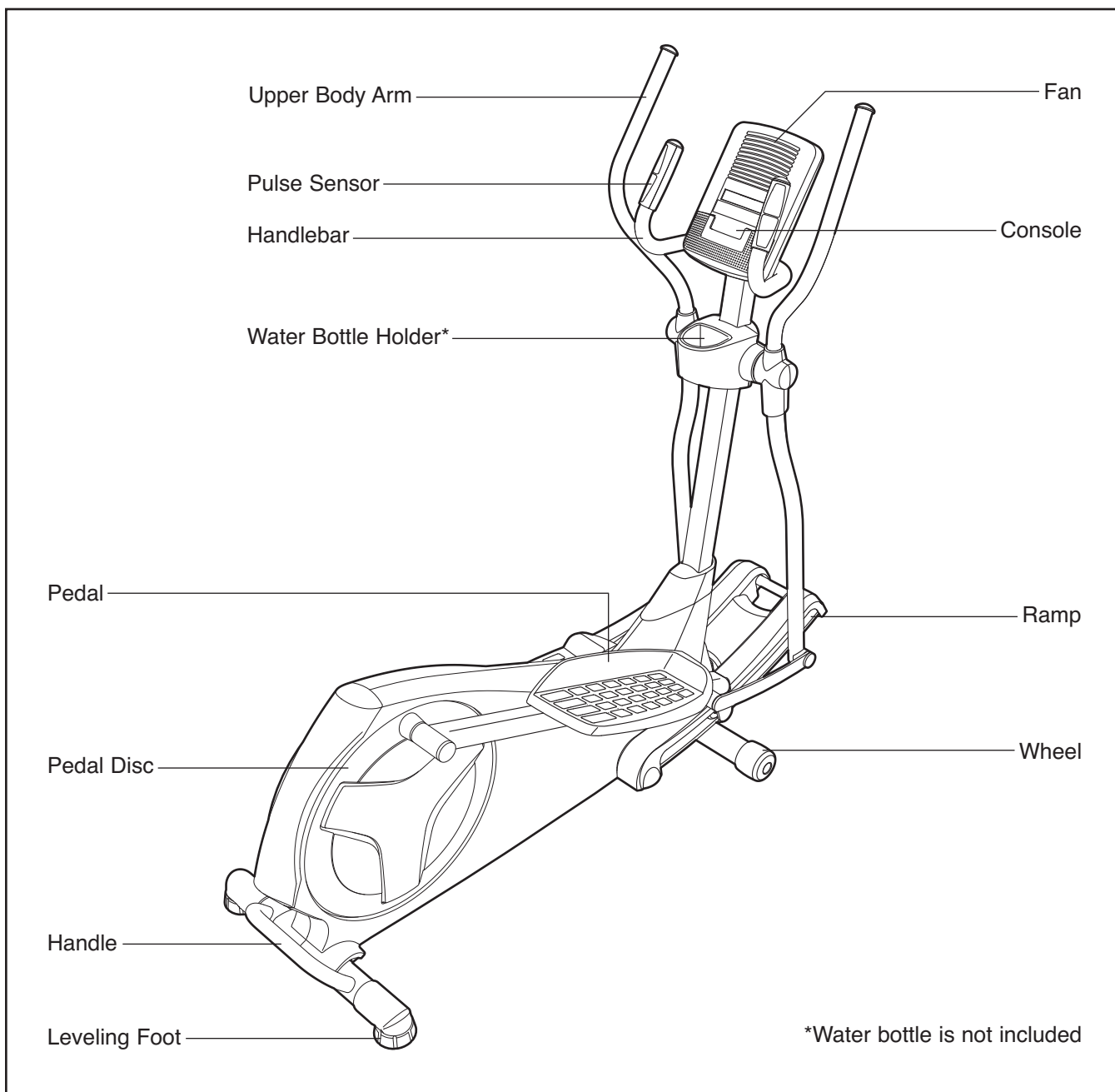
BEFORE YOU BEGIN

Thank you for selecting the new GOLD'S GYM® STRIDE TRAINER 595 elliptical. The STRIDE TRAINER 595 elliptical provides a selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical. If you have questions after

reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



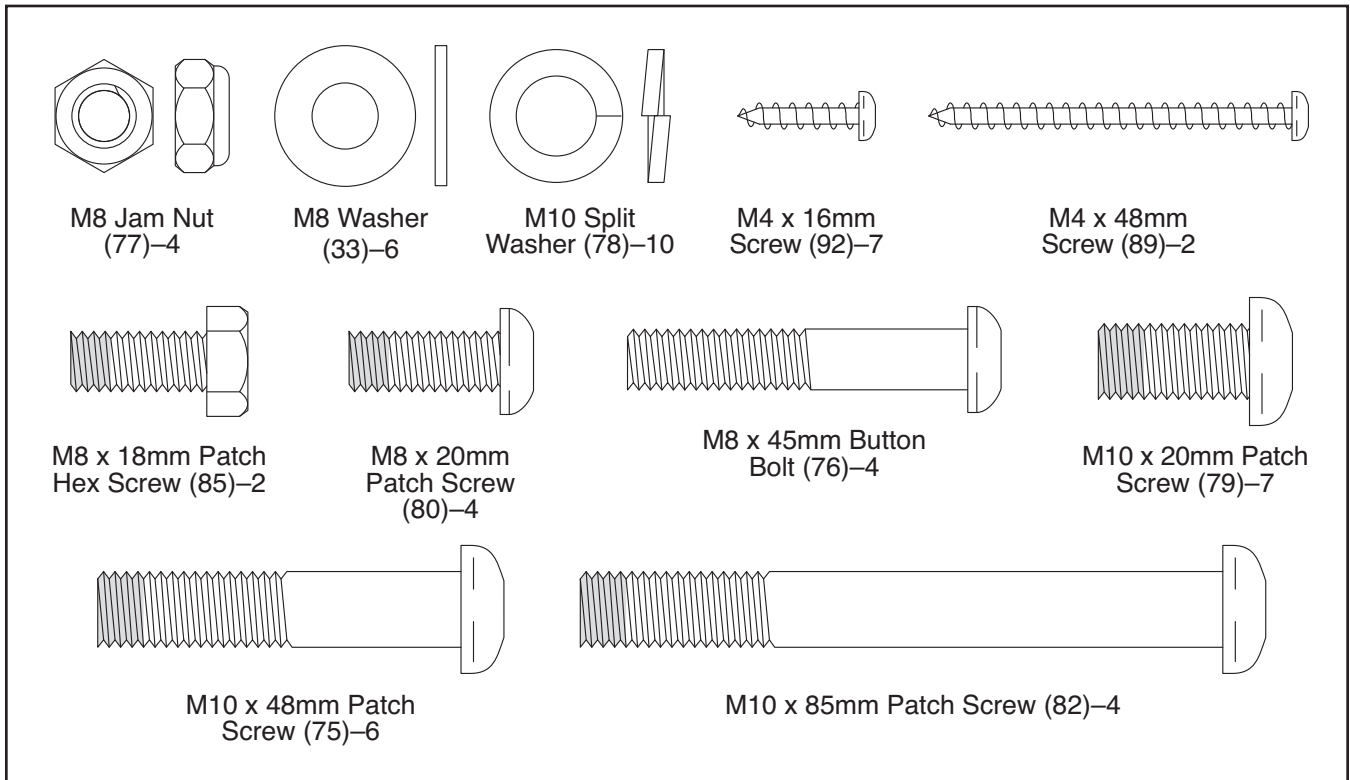
ASSEMBLY

To hire an authorized service technician to assemble the elliptical, call 1-800-445-2480.

Assembly requires two persons. Place all parts of the elliptical in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

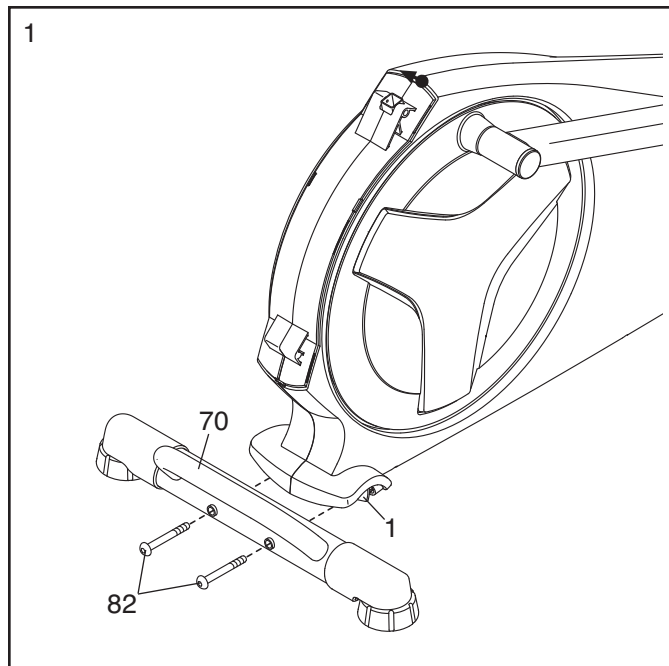
In addition to the included tool(s), assembly requires a Phillips screwdriver  and an adjustable wrench .

See the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. To avoid damaging parts, do not use power tools for assembly.**



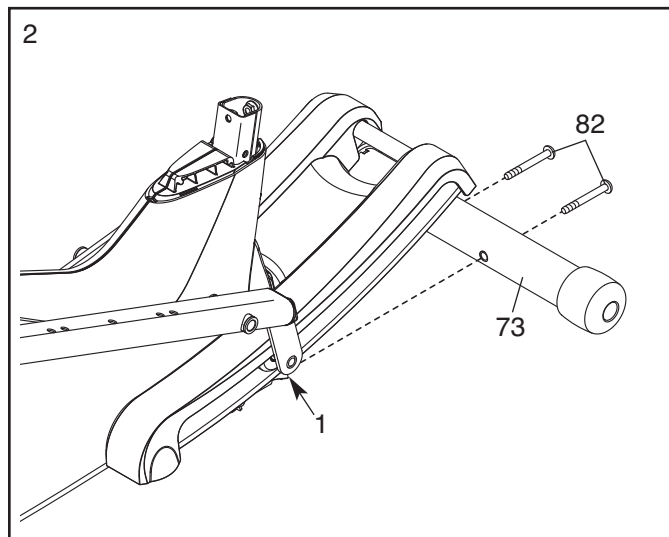
1. **To make assembly easier, read the information on page 5 before you begin.**

While a second person lifts the rear of the Frame (1), attach the Rear Stabilizer (70) to the Frame with two M10 x 85mm Patch Screws (82).



2. Orient the Front Stabilizer (73) so that the "Front" sticker is facing away from the front of the Frame (1).

While a second person lifts the front of the Frame (1), attach the Front Stabilizer (73) to the Frame with two M10 x 85mm Patch Screws (82).

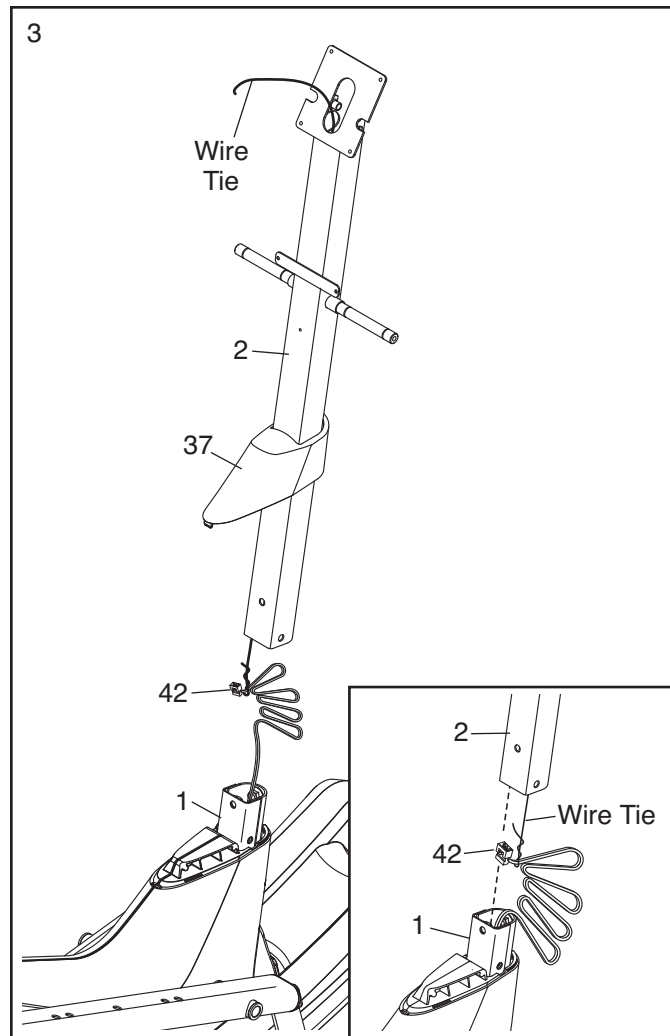


3. Orient the Upright (2) and the Top Shield Cover (37) as shown. Slide the Top Shield Cover upward onto the Upright.

Have a second person hold the Upright (2) near the Frame (1).

See the inset drawing. Locate the wire tie in the Upright (2). Tie the lower end of the wire tie to the Wire Harness (42). Next, pull the upper end of the wire tie upward out of the top of the Upright.

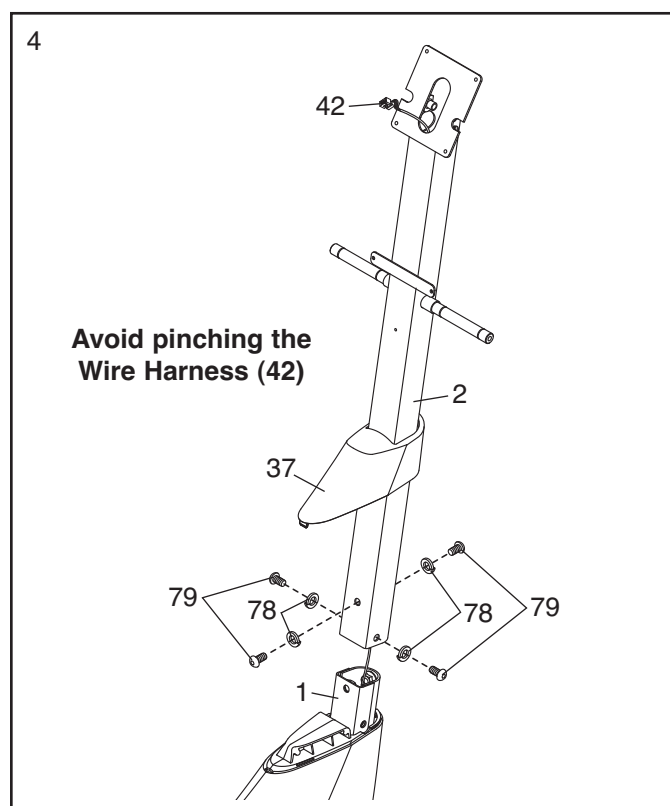
Tip: To prevent the Wire Harness (42) from falling into the Upright (2), secure the Wire Harness with the wire tie.



4. Slide the Upright (2) onto the Frame (1).
Tip: Have a second person hold the Top Shield Cover (37) out of the way.

Tip: Avoid pinching the Wire Harness (42). Attach the Upright (2) with four M10 x 20mm Patch Screws (79) and four M10 Split Washers (78).

Slide the Top Shield Cover (37) downward and press it into the Frame (1).



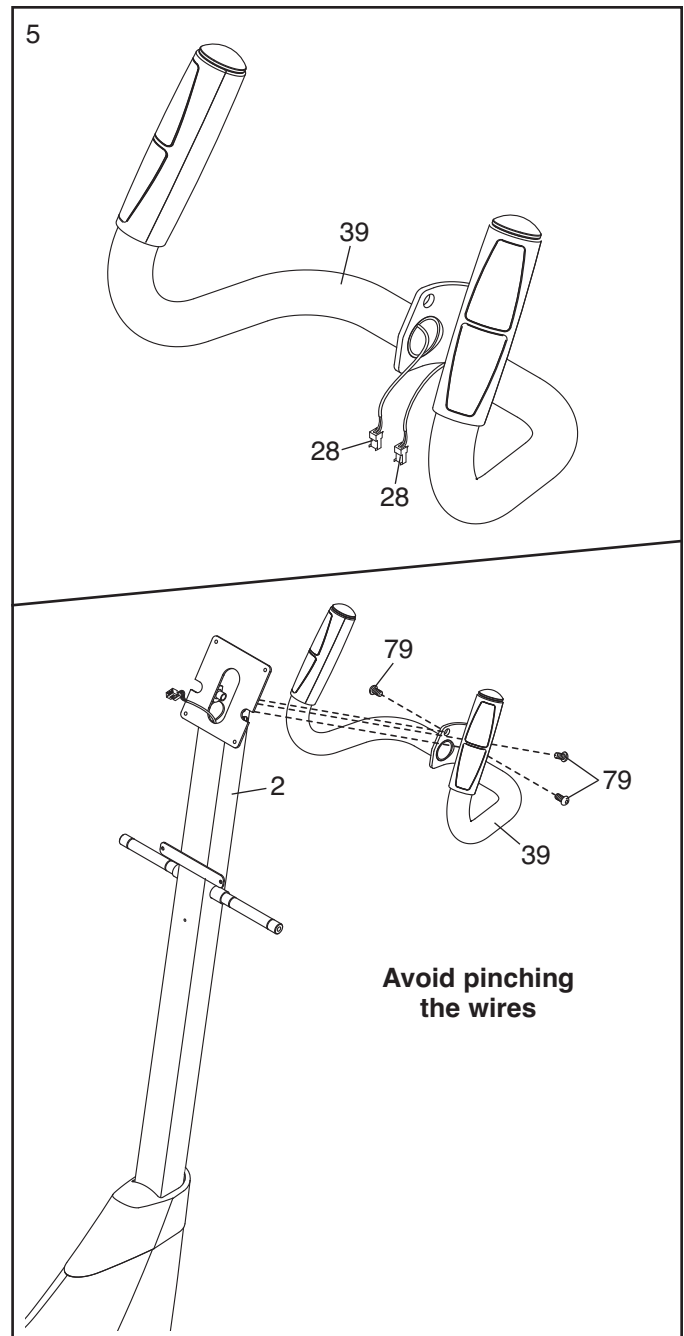
5. **See the upper drawing.** To avoid pinching or damaging the Pulse Wires (28) while you assemble the Handlebar (39), perform the following actions:

Insert the end of the left Pulse Wire (28) inside the left side of the Handlebar (39).

Then, insert the end of the right Pulse Wire (28) inside the right side of the Handlebar (39).

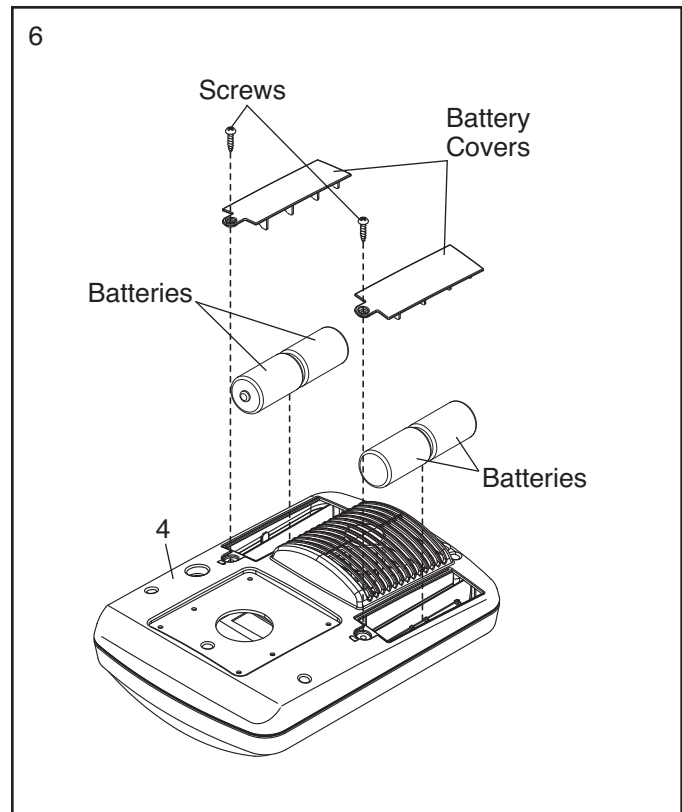
See the lower drawing. Have a second person hold the Handlebar (39) in place around the Upright (2).

Tip: Avoid pinching the wires. Attach the Handlebar (39) to the Upright (2) with three M10 x 20mm Patch Screws (79).



6. The Console (4) can use four D batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic components.** Remove the screws, remove the battery covers, and insert the batteries into the battery compartments. **Make sure to orient the batteries as shown by the diagrams inside the battery compartments.** Then, reattach the battery covers.

To purchase an optional power adapter, call the telephone number on the front cover of this manual. To avoid damaging the console, use only a manufacturer-supplied power adapter. Plug one end of the power adapter into the receptacle on the console; plug the other end into an outlet installed in accordance with all local codes and ordinances.



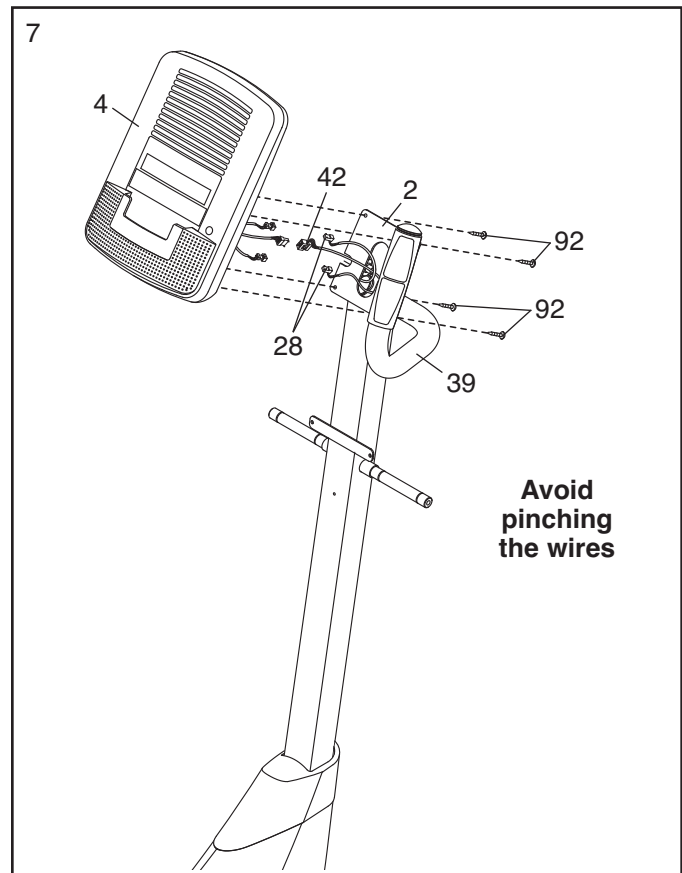
7. Untie and discard the wire tie attached to the Wire Harness (42).

Locate the Pulse Wires (28) inside the left and right sides of the Handlebar (39) and pull them upward out of the Upright (2).

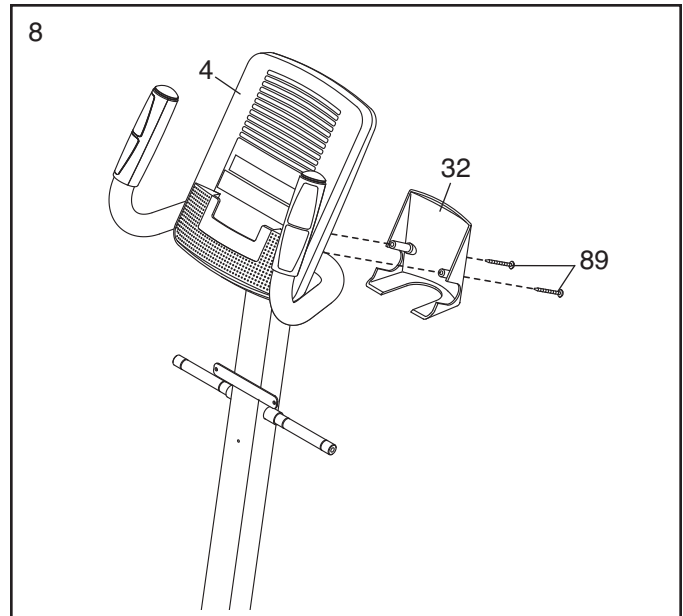
While a second person holds the Console (4) near the Upright (2), connect the wires on the Console to the Wire Harness (42) and to the Pulse Wires (28).

Insert the excess wires into the Upright (2).

Tip: Avoid pinching the wires. Attach the Console (4) to the Upright (2) with four M4 x 16mm Screws (92).



8. Attach the Console Cover (32) to the back of the Console (4) with two M4 x 48mm Screws (89).



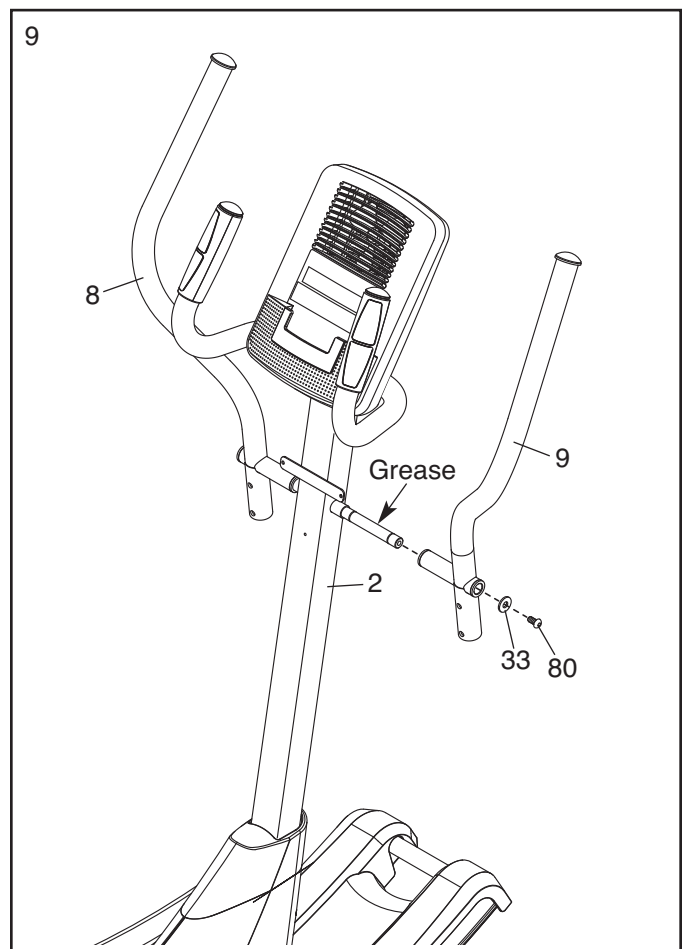
9. Apply some of the included grease to the axle on the right side of the Upright (2).

Identify the Right Upper Body Arm (9), which is marked with a "Right" sticker, and orient it as shown.

Slide the Right Upper Body Arm (9) onto the right side of the Upright (2).

Attach the Right Upper Body Arm (9) with an M8 x 20mm Patch Screw (80) and an M8 Washer (33).

Repeat this step to attach the Left Upper Body Arm (8).



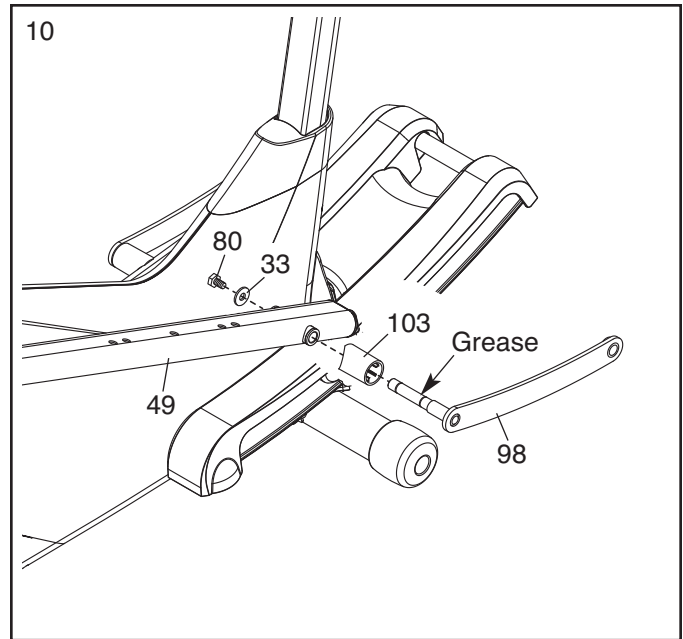
10. Identify the Right Link Arm (98), which is marked with a “Right” sticker, and orient it as shown.

Apply some of the included grease to the axle on the Right Link Arm (98).

Slide a Link Arm Cover (103) onto the axle on the Right Link Arm (98). **Make sure that the flat side of the Link Arm Cover is facing the Right Link Arm.**

Insert the Right Link Arm (98) through the Right Pedal Arm (49). Attach the Right Link Arm with an M8 x 20mm Patch Screw (80) and an M8 Washer (33).

Repeat this step on the other side of the elliptical.

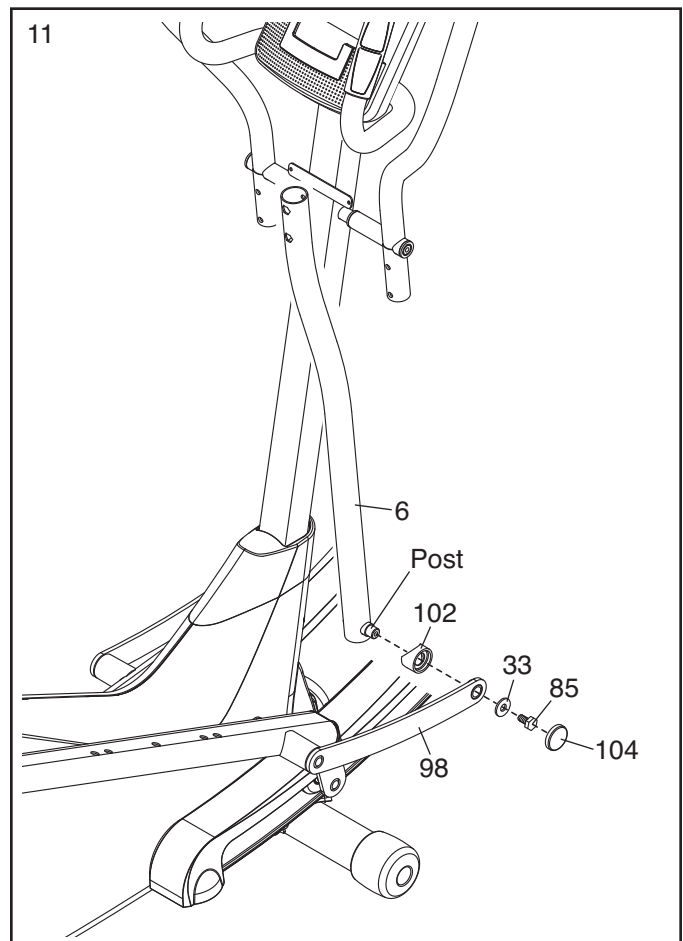


11. Have a second person hold a Bushing Cover (102) over the post on the right Upper Body Leg (6). **Make sure that the curved side of the Bushing Cover is facing the right Upper Body Leg.**

Attach the Right Link Arm (98) and the Bushing Cover (102) to the right Upper Body Leg (6) with an M8 x 18mm Patch Hex Screw (85) and an M8 Washer (33).

Press a Link Arm Screw Cover (104) onto the M8 x 18mm Patch Hex Screw (85).

Repeat this step on the other side of the elliptical.

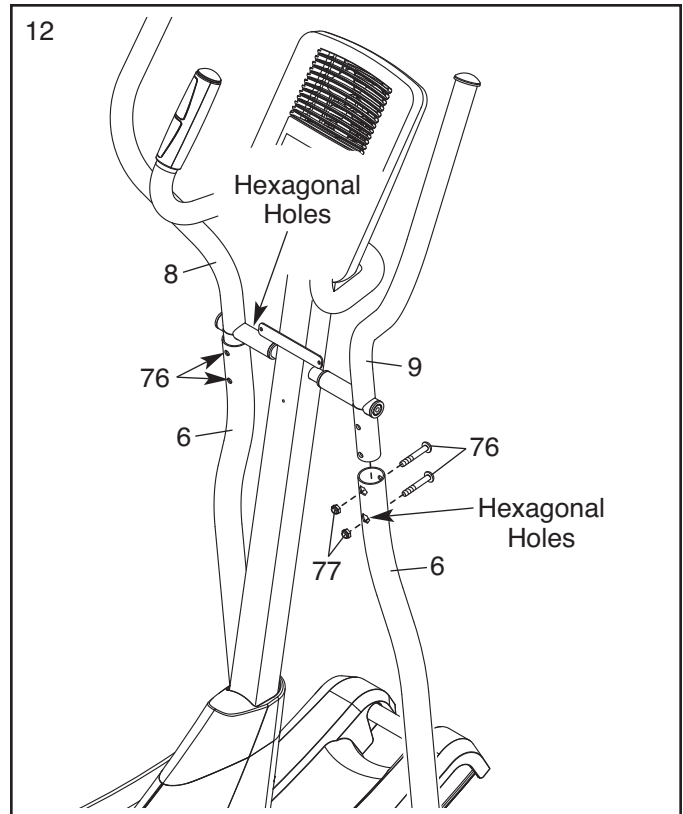


12. With the help of a second person, insert the Right Upper Body Arm (9) into the right Upper Body Leg (6).

Attach the Right Upper Body Arm (9) with two M8 x 45mm Button Bolts (76) and two M8 Jam Nuts (77). **Make sure that the Jam Nuts are in the hexagonal holes.**

Attach the Left Upper Body Arm (8) to the other Upper Body Leg (6) in the same way.

Make sure that the M8 x 45mm Button Bolts (76) are in the locations shown.

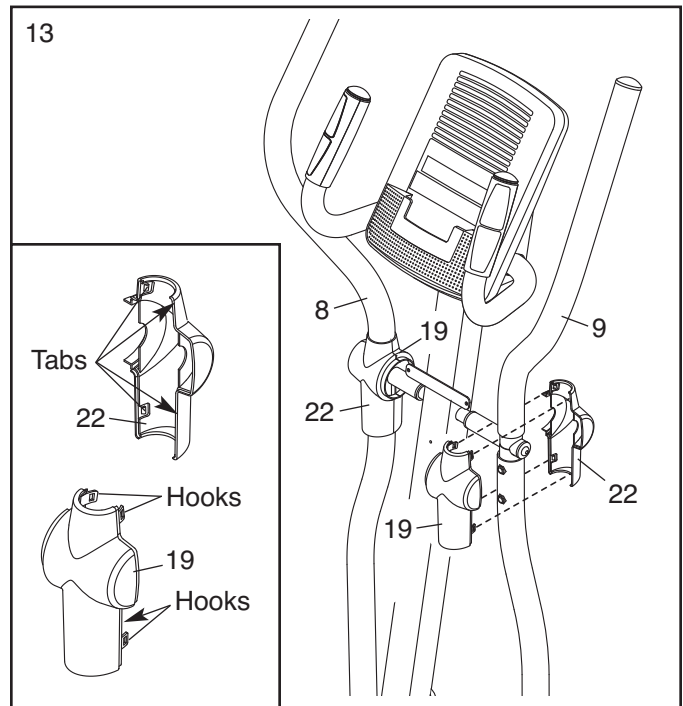


13. **See the inset drawing.** Identify a Pivot Cover A (19), which has hooks, and a Pivot Cover B (22), which has tabs.

Press a Pivot Cover A (19) and a Pivot Cover B (22) together around the Right Upper Body Arm (9).

Repeat this step on the other side of the elliptical.

Tip: Make sure that the Pivot Covers (19, 22) are positioned as shown.

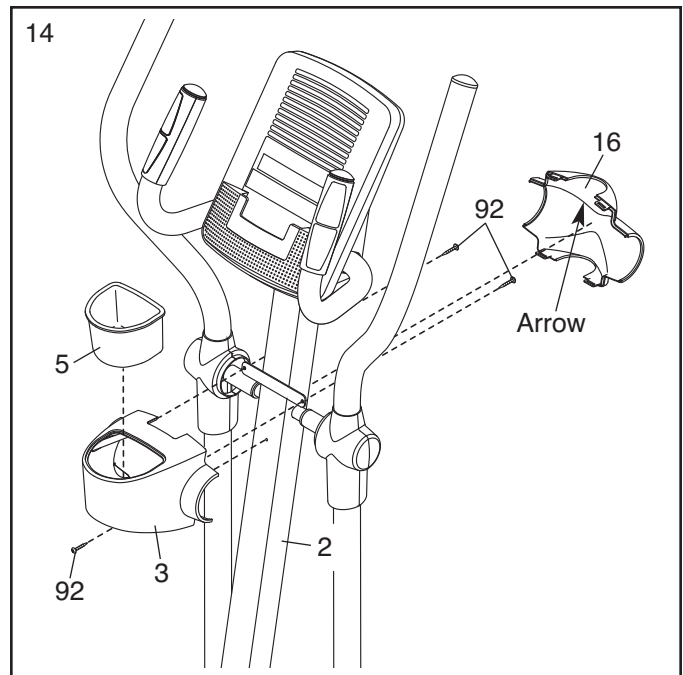


14. Attach the Rear Upright Cover (3) to the Upright (2) with three M4 x 16mm Screws (92).

Orient the Front Upright Cover (16) so that the indicated arrow is pointing upward.

Press the Front Upright Cover (16) into the Rear Upright Cover (3).

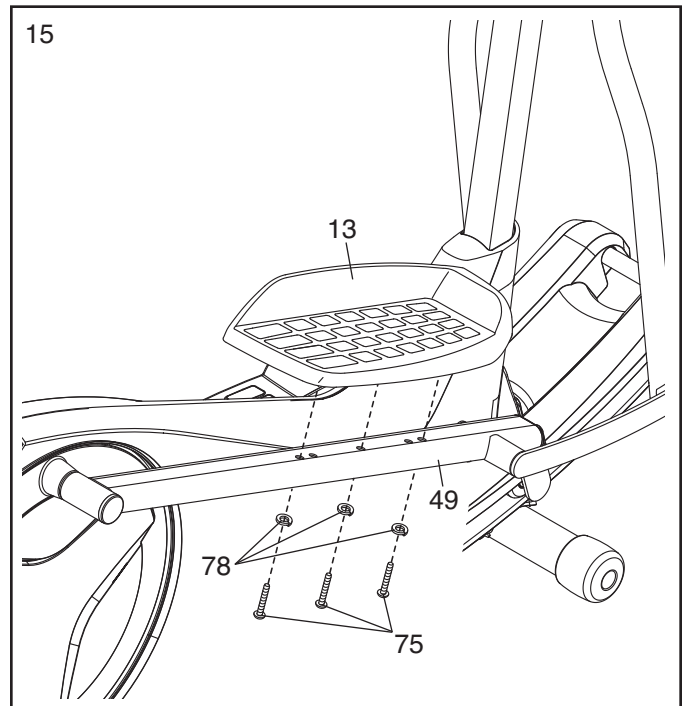
Press the Water Bottle Holder (5) into the Rear Upright Cover (3).



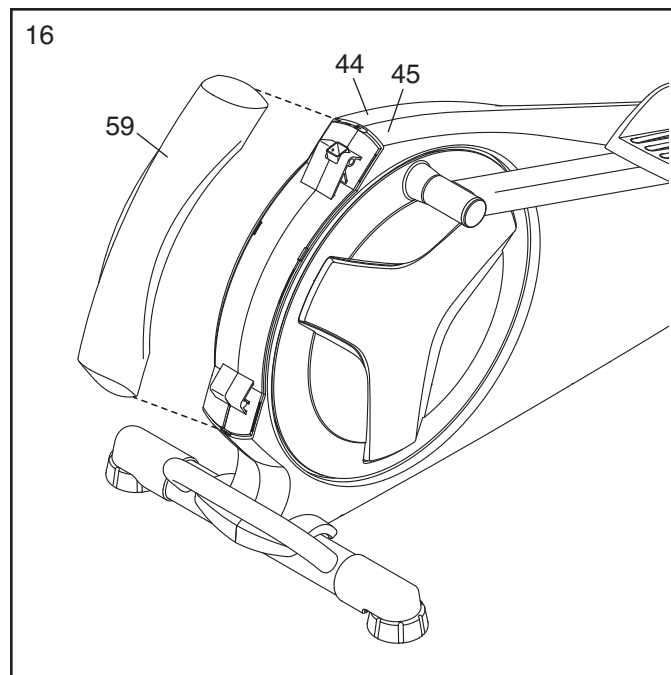
15. Identify the Right Pedal (13), which is marked with a "Right" sticker.

Attach the Right Pedal (13) to the Right Pedal Arm (49) with three M10 x 48mm Patch Screws (75) and three M10 Split Washers (78). **Make sure to use the center hole and the two outer holes to attach the Right Pedal.**

Attach the Left Pedal (not shown) to the Left Pedal Arm (not shown) in the same way.



16. Press the Rear Shield Cover (59) onto the Left and Right Shields (44, 45).

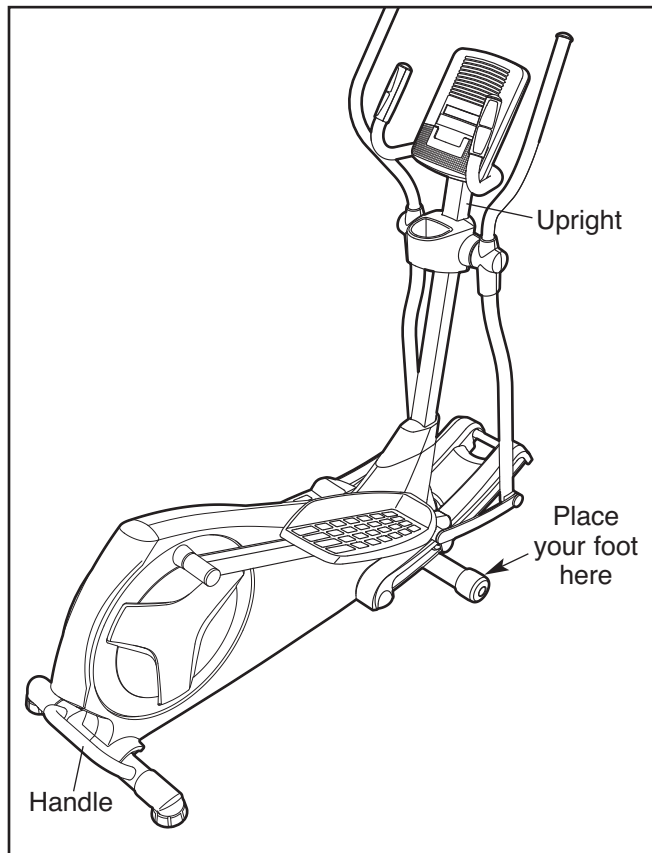


17. **Make sure that all parts of the elliptical are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical.

HOW TO USE THE ELLIPTICAL

HOW TO MOVE THE ELLIPTICAL

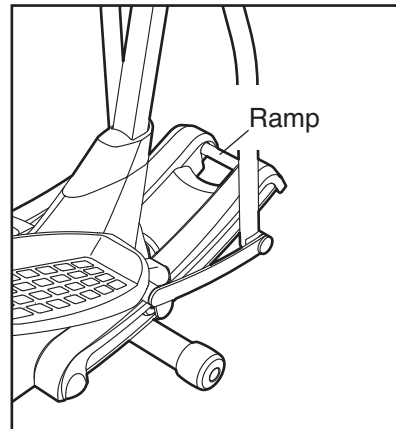
Due to the size and weight of the elliptical, moving it requires two persons. Stand in front of the elliptical, hold the upright, and place one foot against one of the front wheels. Pull on the upright and have a second person lift the handle until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



HOW TO CHANGE THE INCLINE OF THE RAMP

To vary the motion of the pedals, you can change the incline of the ramp.

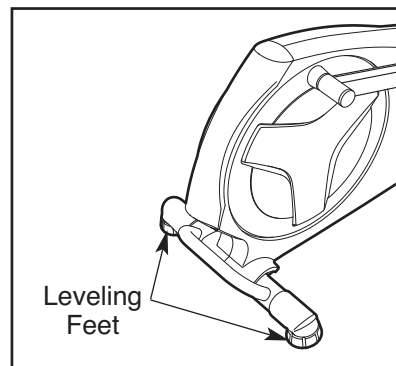
To raise the ramp to an incline level, pull the front of the ramp upward until the ramp engages at one of the three incline levels.



To lower the ramp to an incline level, first pull the front of the ramp all the way upward. Next, press the ramp all the way downward. Then, pull the front of the ramp upward until the ramp engages at one of the three incline levels.

HOW TO LEVEL THE ELLIPTICAL

If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear stabilizer until the rocking motion is eliminated.

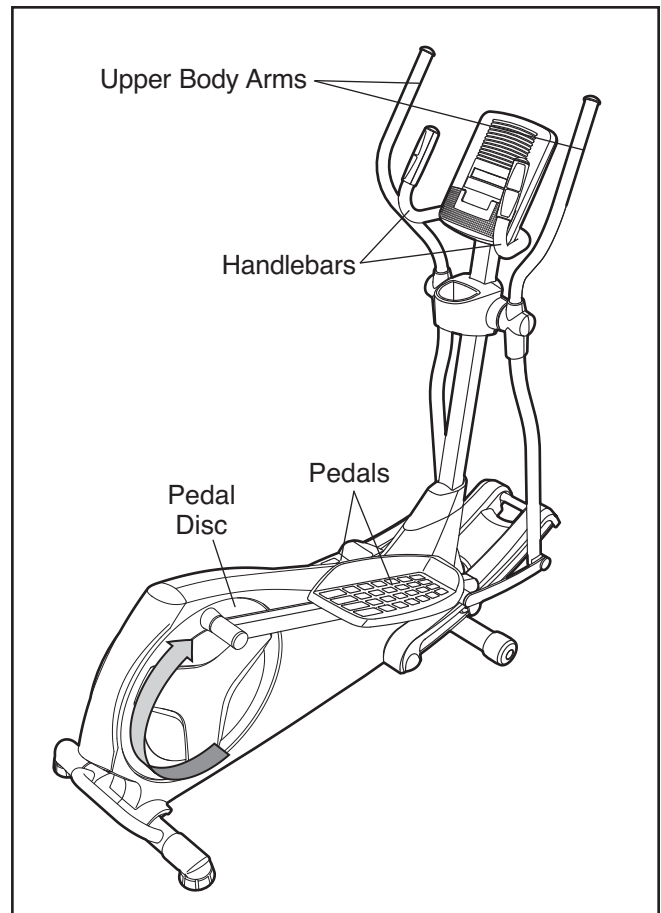


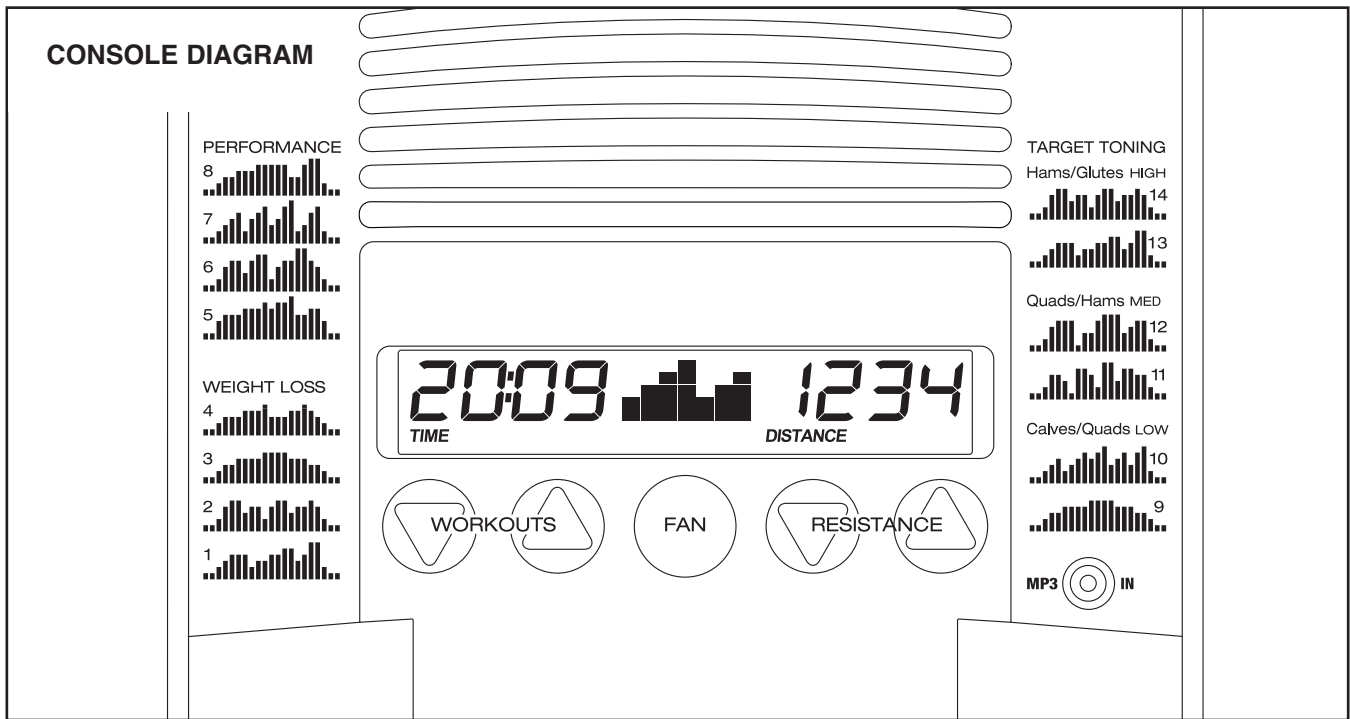
HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical, hold the handlebars or the upper body arms and step onto the pedal that is in the lowest position. Then, step onto the other pedal.

Push the pedals until they begin to move with a continuous motion. **Note: The pedal discs can turn in either direction. It is recommended that you move the pedal discs in the direction shown by the arrow; however, for variety, you can turn the pedal discs in the opposite direction.**

To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.





FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console offers eight preset workouts—four weight loss and four performance workouts. Each preset workout automatically changes the resistance of the pedals as it guides you through an effective workout.

The console also offers six target toning workouts designed to work specific areas of the body. Each target toning workout has a recommended ramp incline level and will automatically change the resistance of the pedals while guiding you through an effective workout.

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

To use the manual mode, see page 18. **To use a preset workout,** see page 19. **To use a target toning workout,** see page 21. **To use the sound system,** see page 22.

Note: Before using the console, make sure that batteries are installed (see assembly step 6 on page 9). If there is a sheet of plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

1. Turn on the console.

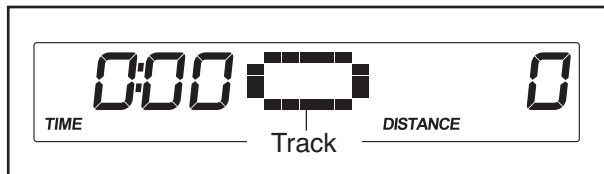
Press any button or begin pedaling to turn on the console.

When you turn on the console, the display will light. A tone will sound and the console will be ready for use.

2. Select the manual mode.

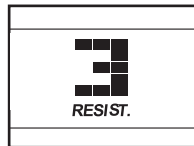
When you turn on the console, the manual mode will be selected.

If you have selected a workout, reselect the manual mode by pressing the Workouts increase or decrease button repeatedly until a track appears in the center display.



3. Begin pedaling and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons.



Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

4. Follow your progress with the display.

The left display—This display can show the elapsed time and the approximate number of calories you have burned. The display will change modes every few seconds.



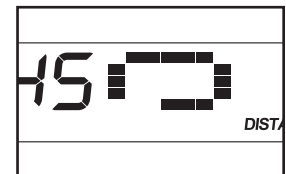
Note: During a workout, the display will show the time remaining in the workout.

The left display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 19).

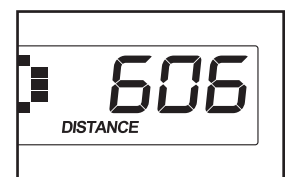
The center display—This display will show the resistance level of the pedals for a few seconds each time the resistance level changes.



This display will also show a track representing 640 revolutions (1/4 mile or 400 meters). As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

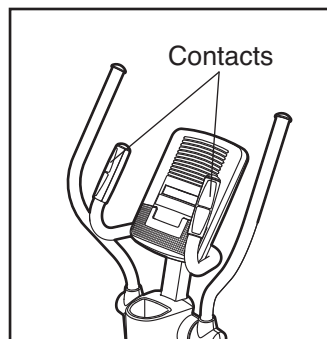


The right display—This display can show the distance (total number of revolutions) you have pedaled and your pedaling pace in revolutions per minute (rpm). The display will change modes every few seconds.



5. Measure your heart rate if desired.

If there are sheets of plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. In addition, make sure that your hands are clean. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**



When your pulse is detected, a heart-shaped symbol will flash in the display and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. Turn on the fan if desired.

The fan has high and low speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan.

Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

7. When you are finished exercising, the console will turn off automatically.

If the pedals do not move for several seconds, a series of tones will sound, the console will pause, and the time will flash in the display.

If the pedals do not move for several minutes, the console will turn off and the display will be reset.

HOW TO USE A PRESET WORKOUT

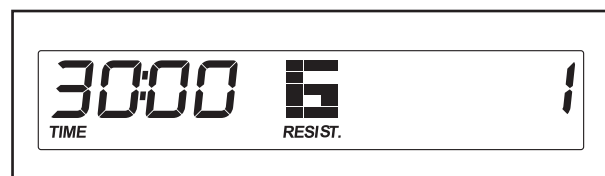
1. Turn on the console.

See step 1 on page 18.

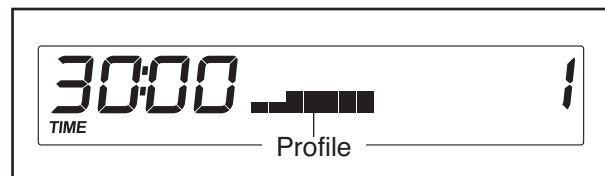
2. Select a preset workout.

To select a preset workout, press the Workouts increase or decrease button repeatedly until the number of the desired workout appears in the right display.

When you select a preset workout, the duration of the workout will appear in the left display, the maximum resistance level for the workout will flash in the center display, and the number of the workout will appear in the right display.



After a few seconds, a profile of the resistance levels of the workout will scroll across the center display.



Note: Complete profiles of the preset workouts are printed on the sides of the console.

3. Begin pedaling to start the workout.

Each workout is divided into 30 one-minute segments. One resistance level is programmed for each segment. Note: The same resistance level may be programmed for consecutive segments.

During the workout, the workout profile will show your progress (see the drawing on page 19). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment.

At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will flash in the display for a few seconds to alert you. The resistance of the pedals will then change.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause.

To restart the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

Note: If you continue to pedal after the workout is completed, the display will continue to show exercise feedback; however, the display will not show the elapsed time until you select the manual mode or a new workout.

4. Follow your progress with the display.

See step 4 on page 18.

5. Measure your heart rate if desired.

See step 5 on page 19.

6. Turn on the fan if desired.

See step 6 on page 19.

7. When you are finished exercising, the console will turn off automatically.

See step 7 on page 19.

HOW TO USE A TARGET TONING WORKOUT

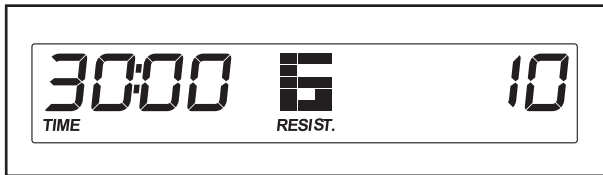
1. Turn on the console.

See step 1 on page 18.

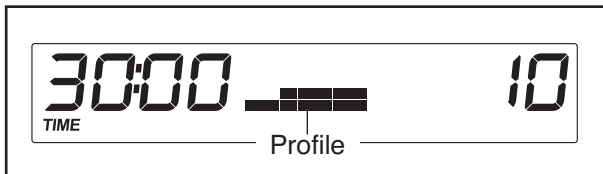
2. Select a target toning workout.

To select a target toning workout, press the Workouts increase or decrease button repeatedly until the number of the desired workout appears in the right display.

When you select a target toning workout, the duration of the workout will appear in the left display, the maximum resistance level for the workout will flash in the center display, and the number of the workout will appear in the right display.



After a few seconds, a profile of the resistance levels of the workout will scroll across the center display.



Note: Complete profiles of the target toning workouts are printed on the sides of the console.

3. Adjust the ramp to the recommended incline level.

See HOW TO CHANGE THE INCLINE OF THE RAMP on page 15 and move the ramp to the recommended incline level for the selected target toning workout.

Note: The recommended incline levels for the target toning workouts are printed on the side of the console above the profiles.

If you selected a Hams/Glutes target toning workout, move the ramp to the highest incline level. **If you selected a Quads/Hams target toning workout**, move the ramp to the middle incline level. **If you selected a Calves/Quads target toning workout**, move the ramp to the lowest incline level.

4. Begin pedaling to start the workout.

Each workout is divided into 30 one-minute segments. One resistance level is programmed for each segment. Note: The same resistance level may be programmed for consecutive segments.

During the workout, the workout profile will show your progress (see the drawing at the left). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment.

At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will flash in the display for a few seconds to alert you. The resistance of the pedals will then change.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause.

To restart the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

Note: If you continue to pedal after the workout is completed, the display will continue to show exercise feedback; however, the display will not show the elapsed time until you select the manual mode or a new workout.

5. Follow your progress with the display.

See step 4 on page 18.

6. Measure your heart rate if desired.

See step 5 on page 19.

7. Turn on the fan if desired.

See step 6 on page 19.

8. When you are finished exercising, the console will turn off automatically.

See step 7 on page 19.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug the audio cable into the jack on the console and into the jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume control on your MP3 player or CD player.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical regularly. Replace any worn parts immediately.

To clean the elliptical, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

If the console displays become dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 6 on page 9 for replacement instructions.

If the handgrip pulse sensor does not function properly, see step 5 on page 19.

HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

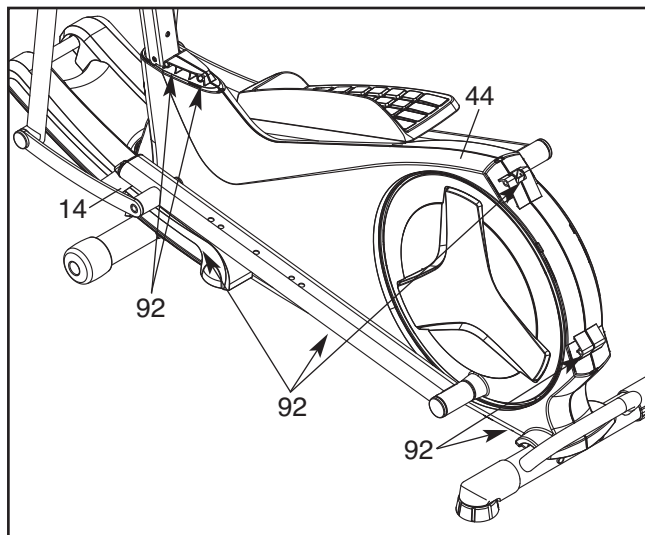
To adjust the drive belt, you must remove the left pedal, the rear shield cover, the top shield cover, and the left shield (see the instructions below).

First, see step 15 on page 13 and remove the left pedal.

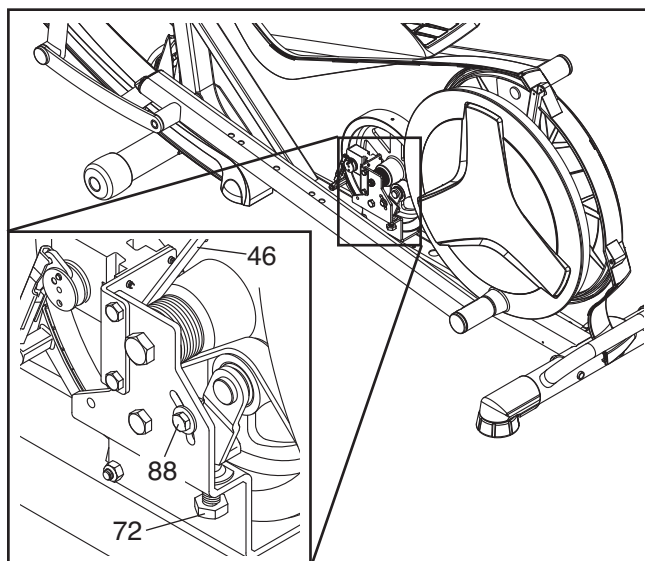
Next, see step 16 on page 14 and remove the rear shield cover.

Then, see step 4 on page 7 and release the top shield cover from the left shield. Slide the top shield cover upward.

Remove the M4 x 16mm Screws (92) from the Left Shield (44) and then gently move the Left Shield outward over the Left Pedal Arm (14).



Next, loosen the Pivot Screw (88). Then, tighten the Drive Belt Adjustment Screw (72) until the Drive Belt (46) is tight.



When the Drive Belt (46) is tight, tighten the Pivot Screw (88).

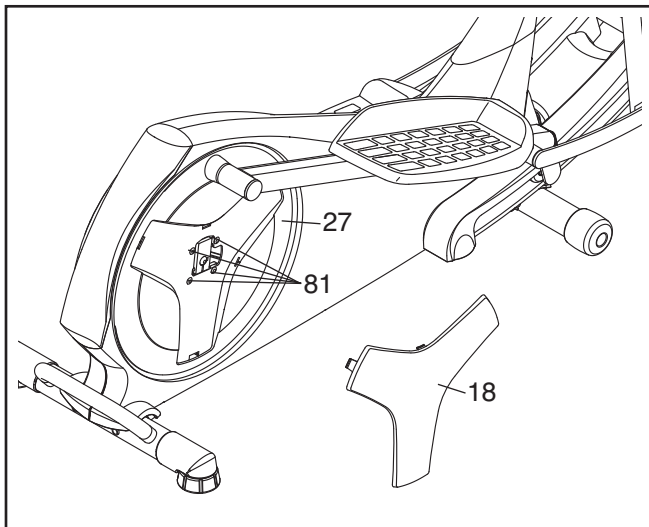
Then, reattach the left shield, the top shield cover, the rear shield cover, and the left pedal.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

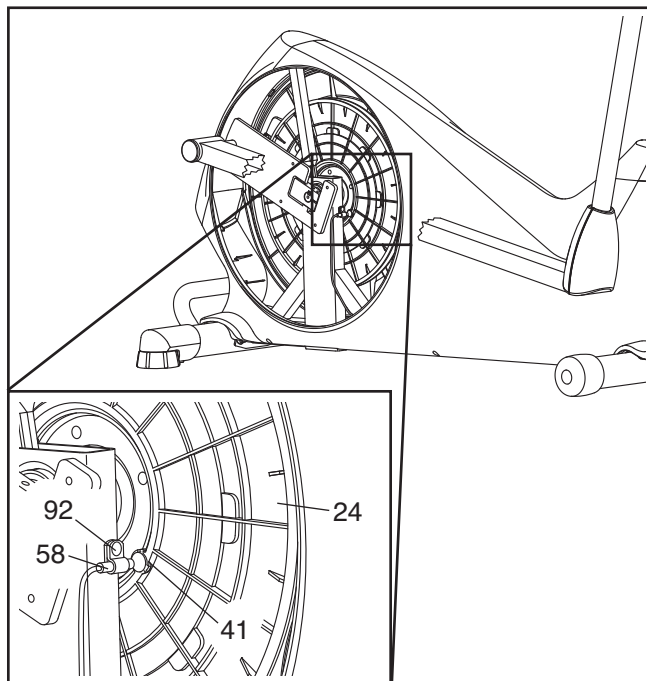
To adjust the reed switch, you must remove the right disc cover and the right pedal disc.

Using a flat screwdriver, remove the right Disc Cover (18).



Then, remove the M8 x 12mm Screws (81) from the Right Pedal Disc (27), and gently rotate the Right Pedal Disc out of the way.

Locate the Reed Switch (58). Loosen, but do not remove, the M4 x 16mm Screw (92).



Next, rotate the Crank Assembly (24) until a Magnet (41) is aligned with the Reed Switch (58). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M4 x 16mm Screw (92).

Rotate the Crank Assembly (24) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the right pedal disc and the right disc cover.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

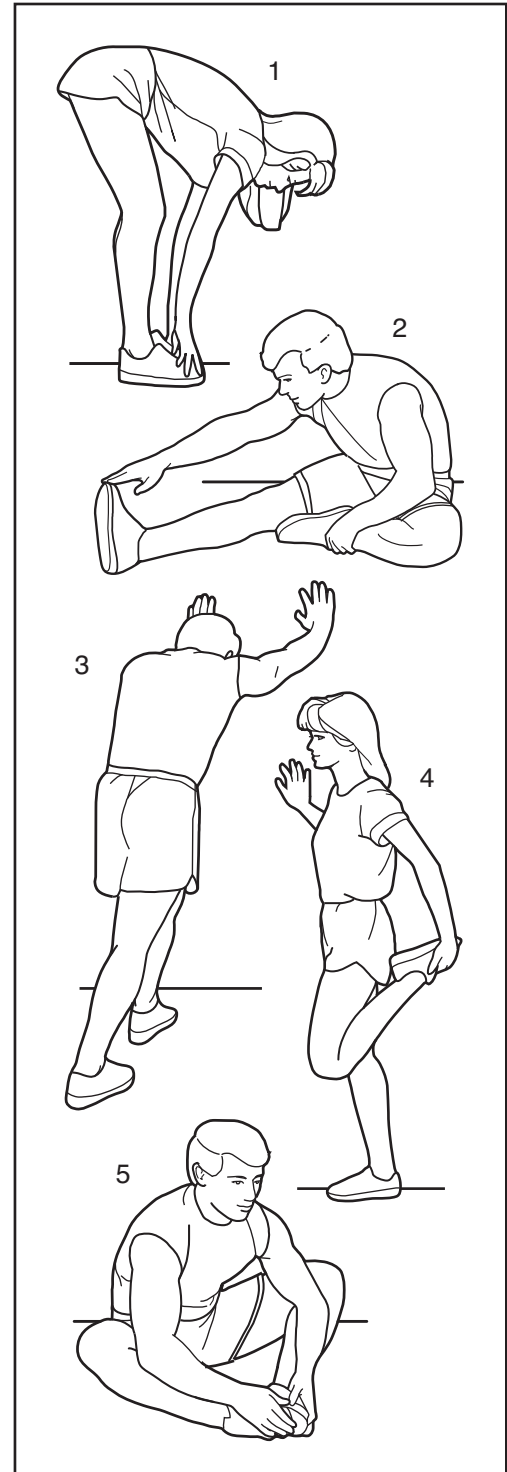
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



NOTES

PART LIST

Model No. GGEL64909.1 R1110A

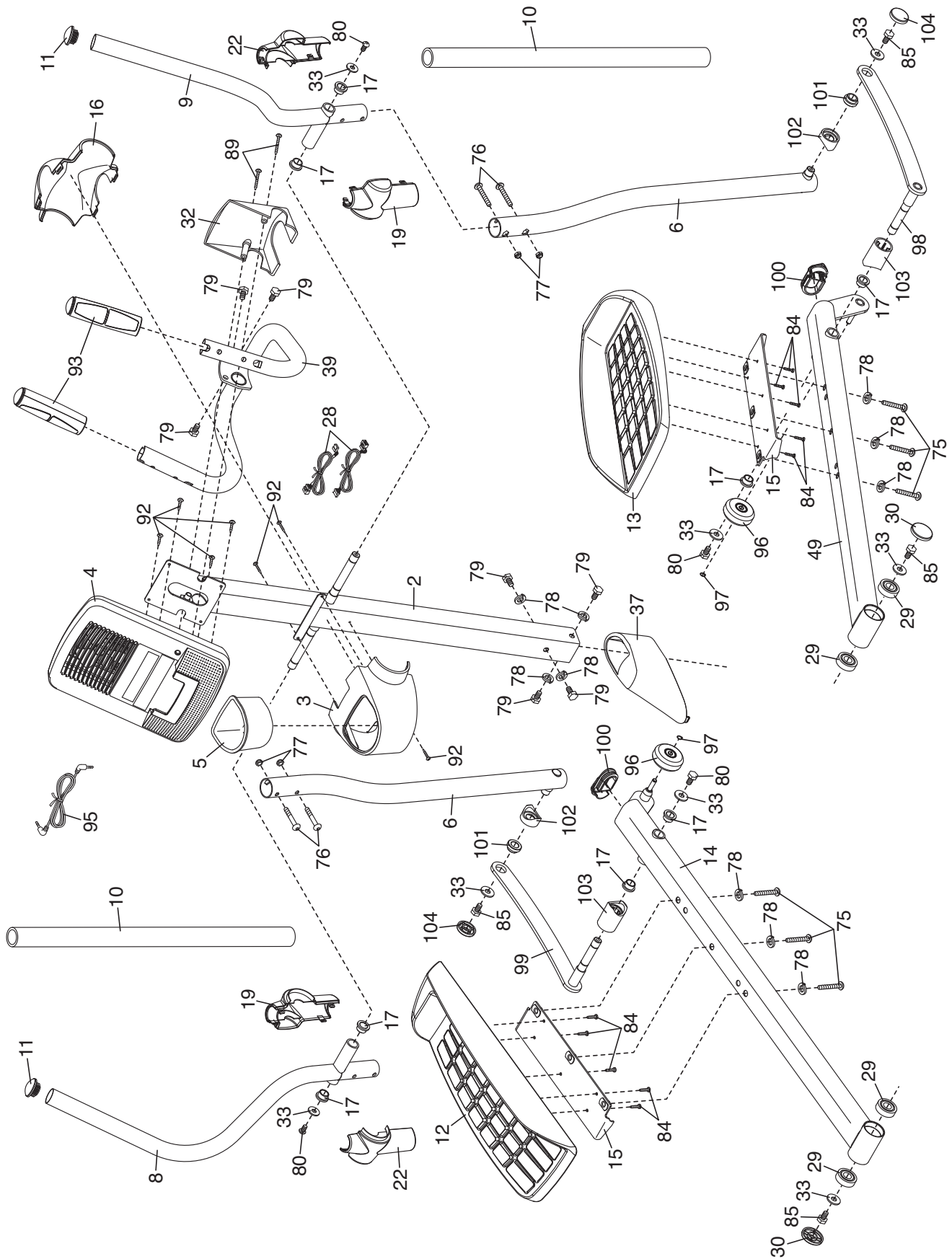
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Flywheel
2	1	Upright	52	1	Idler
3	1	Rear Upright Cover	53	1	C-magnet
4	1	Console	54	1	Resistance Motor
5	1	Water Bottle Holder	55	1	Motor Bracket
6	2	Upper Body Leg	56	1	Adjustment Arm
7	1	Resistance Wheel	57	1	Clamp
8	1	Left Upper Body Arm	58	1	Reed Switch/Wire
9	1	Right Upper Body Arm	59	1	Rear Shield Cover
10	2	Foam Grip	60	1	Key
11	2	Upper Cap	61	1	M8 Locknut
12	1	Left Pedal	62	1	M6 x 16mm Screw
13	1	Right Pedal	63	2	Shoulder Screw
14	1	Left Pedal Arm	64	1	Flywheel Axle
15	2	Pedal Bracket	65	1	C-magnet Bolt
16	1	Front Upright Cover	66	1	Idler Bolt
17	8	Pivot Bushing	67	1	Key Screw
18	2	Disc Cover	68	1	Crank Arm Screw
19	2	Pivot Cover A	69	4	Resistance Motor Bolt
20	1	Ramp	70	1	Rear Stabilizer
21	1	Ramp Cover	71	2	Motor Bracket Screw
22	2	Pivot Cover B	72	1	Drive Belt Adjustment Screw
23	1	Latch Cover	73	1	Front Stabilizer
24	1	Crank	74	2	M6 Locknut
25	1	Right Crank Arm	75	6	M10 x 48mm Patch Screw
26	1	Left Pedal Disc	76	4	M8 x 45mm Button Bolt
27	1	Right Pedal Disc	77	6	M8 Jam Nut
28	2	Pulse Wire	78	10	M10 Split Washer
29	4	Bearing	79	9	M10 x 20mm Patch Screw
30	2	Pedal Arm Cap	80	4	M8 x 20mm Patch Screw
31	1	Ramp Axle	81	8	M8 x 12mm Screw
32	1	Console Cover	82	4	M10 x 85mm Patch Screw
33	8	M8 Washer	83	1	M5 x 7mm Screw
34	1	Adjustment Block	84	10	#10 x 16mm Screw
35	1	M5 Washer	85	4	M8 x 18mm Patch Hex Screw
36	1	Small Snap Ring	86	1	Pulley
37	1	Top Shield Cover	87	1	M3.5 x 12mm Screw
38	2	Crank Bearing	88	1	Pivot Screw
39	1	Handlebar	89	2	M4 x 48mm Screw
40	2	Snap Ring	90	1	M4 x 16mm Ground Screw
41	2	Magnet	91	2	Adjustment Nut
42	1	Wire Harness	92	30	M4 x 16mm Screw
43	2	M6 Washer	93	2	Pulse Sensor/Wire
44	1	Left Shield	94	1	Flywheel Bearing
45	1	Right Shield	95	1	Audio Cable
46	1	Drive Belt	96	2	Roller
47	2	Leveling Foot	97	2	Roller Snap Ring
48	2	Stabilizer Cap	98	1	Right Link Arm
49	1	Right Pedal Arm	99	1	Left Link Arm
50	2	Wheel	100	2	Link Arm Cap

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	Link Arm Bushing	112	1	Latch Screw
102	2	Bushing Cover	113	2	M10 Washer
103	2	Link Arm Cover	114	1	Latch Snap Ring
104	2	Link Arm Screw Cover	115	1	Left Crank Arm
105	4	Bushing Set	116	1	Crank Arm Spacer
106	2	Ramp Axle Bushing	117	4	M8 x 10mm Screw
107	2	Latch Spring	118	4	M8 x 15mm Screw
108	1	Latch	*	–	User's Manual
109	1	Latch Spacer	*	–	Assembly Tool
110	1	Latch Pin	*	–	Grease Packet
111	1	Spring Bracket	*	–	Wire Tie

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

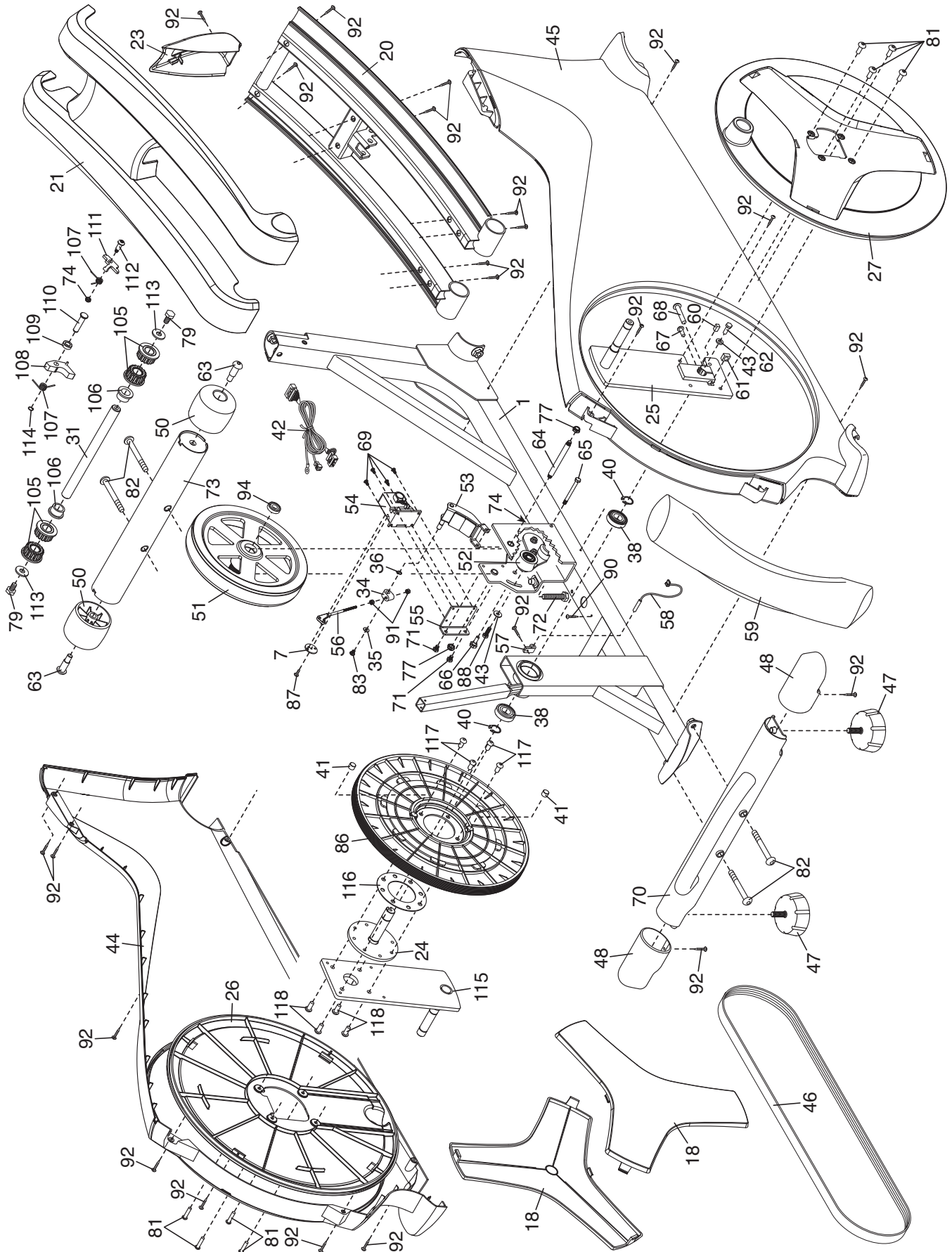
EXPLODED DRAWING A

Model No. GGEL64909.1 R1110A



EXPLODED DRAWING B

Model No. GGEL64909.1 R1110A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.workoutwarehouse.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for seven (7) years from the date of purchase. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813